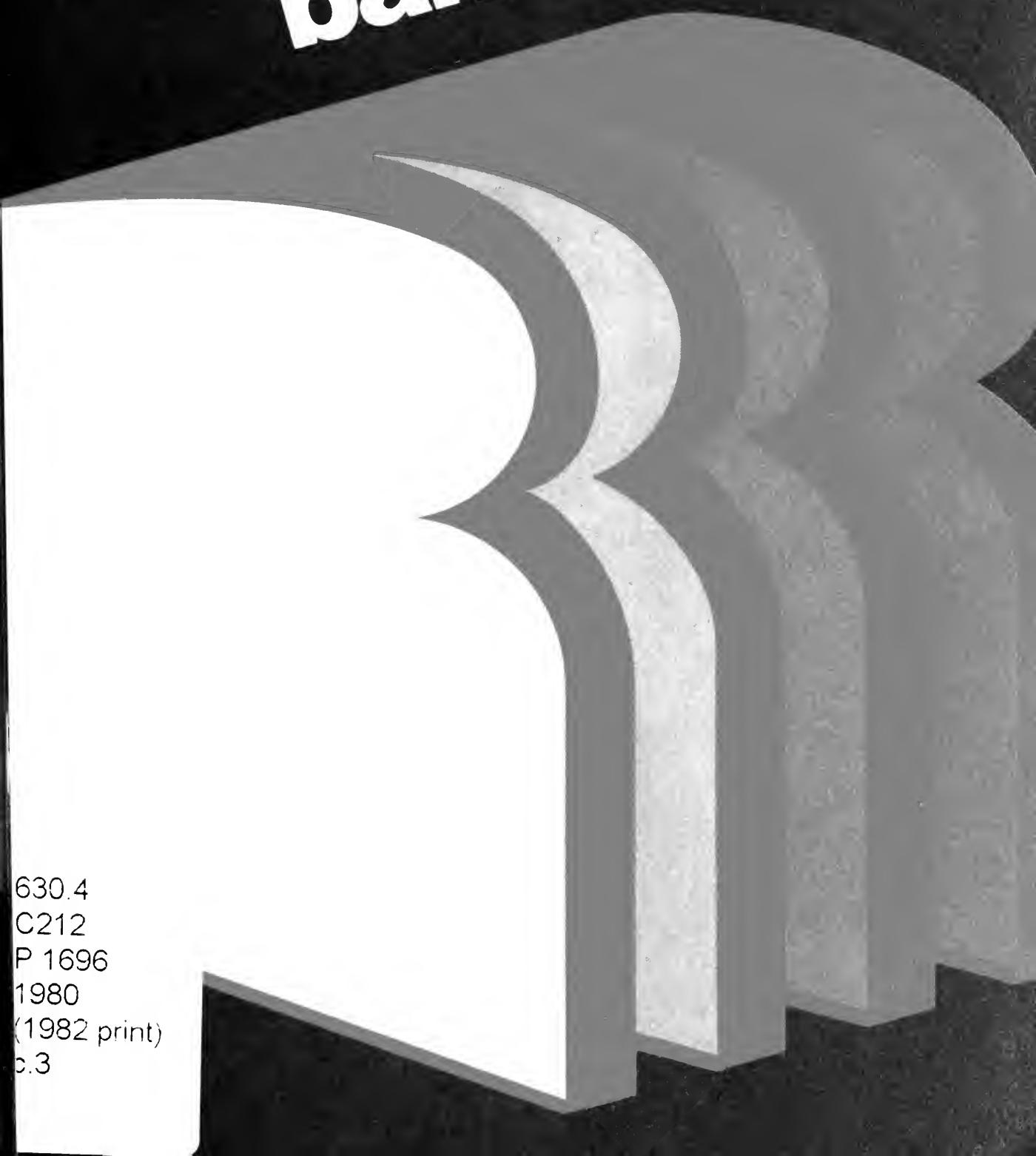


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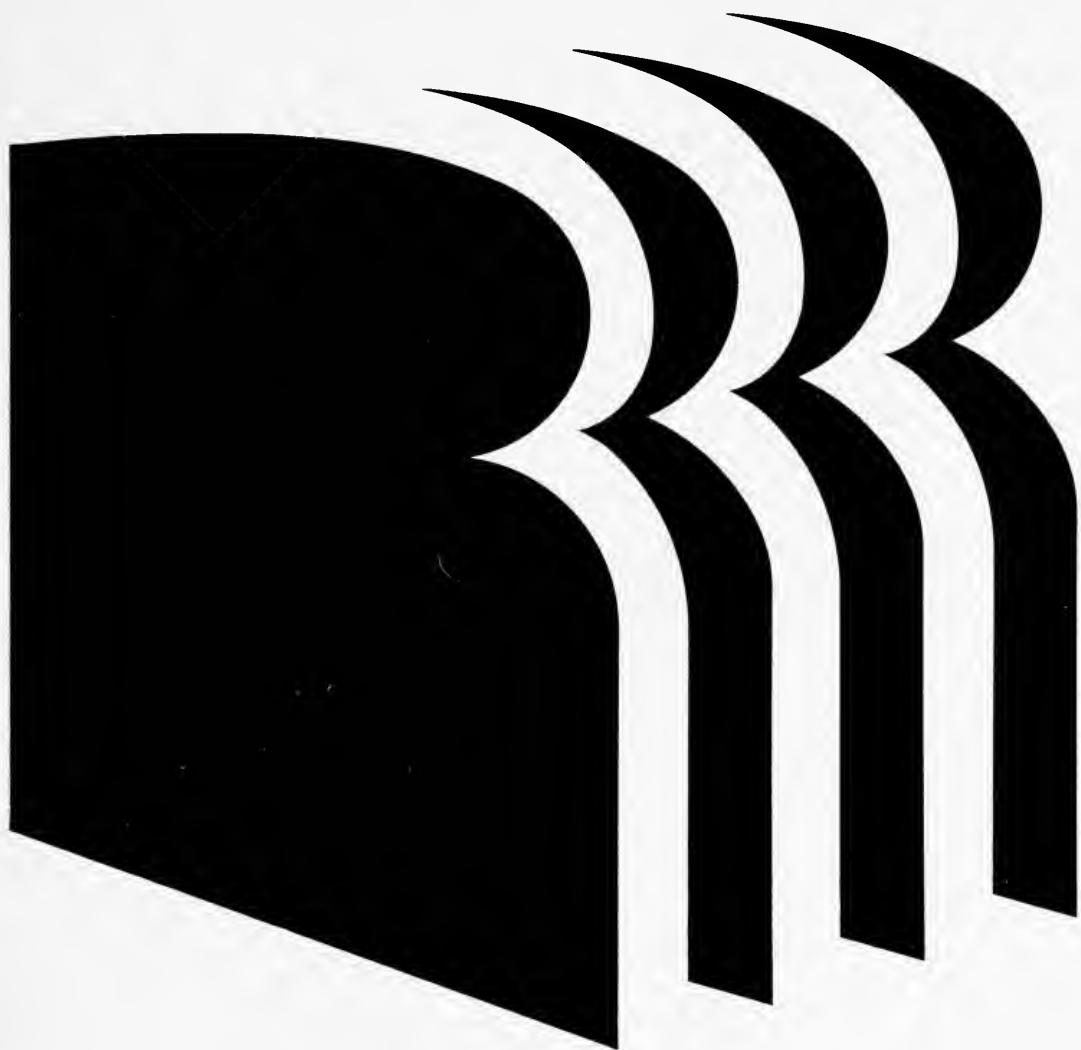


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Everyone loves the aroma of freshly baked bread. It reminds us of the days when bread making was part of everyday life rather than an occasional pastime. Today, with modern techniques, you can enjoy the creative satisfaction of making your own bread at home. Follow the directions carefully and you will have delicious bread every time.

Breads differ in the leavening agents used to make them rise. Yeast is used for most breads requiring a rising time. Baking powder or soda is used in quick breads such as date bread and muffins.

Canada's Food Guide recommends eating three to five servings of bread and cereals each day. Examples of one serving are one slice of bread or 125 to 250 mL cooked or ready-to-eat cereal. The breads or cereals may be whole grain or enriched but whole grain products such as whole grain bread, rolled oats, bran flakes and shredded wheat are recommended because of their fiber content. Food fiber is important to provide bulk which encourages normal elimination of body wastes. Bread also contains significant amounts of the nutrients iron, thiamin, riboflavin and niacin, plus some protein from the flour and milk. One slice of white bread contains about 75 calories.

FLOUR

When white flour is milled, some of the nutrients are removed. To renew its nutritive value, the millers enrich it. They add the B vitamins, thiamin, niacin and riboflavin, and minerals and iron in amounts that make it nutritionally similar to whole wheat flour. All white flour sold in Canada is enriched; the process is controlled by the Canada Food and Drug Act.

The miller also adds maturing and bleaching agents. Freshly milled wheat flour does not produce as good a loaf of bread as matured flour does. Natural aging will bleach and mature flour without the use of chemicals, but this requires up to 6 months. Suitable chemicals can bring about these changes quickly. Potassium bromate is one chemical used for maturing. Another, chlorine dioxide, has both bleaching and maturing action.

Sometimes you will see flour that is labelled "stone ground". It is whole wheat flour ground between two flat stones. Because it may retain some germ from the wheat kernel, it can have a cream color. Only a few mills in Canada produce this type of flour. Nutritionally it is similar to whole wheat flour.

Choose the Flour

ALL-PURPOSE FLOUR — Also known as bread flour or plain flour, this is a white flour milled from hard spring wheat. It has a high protein (gluten) content which gives the elasticity needed in making yeast breads. As the name implies, it can be used for quick as well as yeast breads.

WHOLE WHEAT FLOUR — This flour is a brownish color due to the presence of bran. It contains all the natural parts of the wheat kernels up to at least 95% of the total of the wheat from which it is made. It produces heavier products because it has a lower percentage of gluten than all-purpose flour. It is used alone or with all-purpose flour for yeast breads. It is also known as entire wheat flour.

GRAHAM FLOUR — This is white flour to which bran or bran and other parts of the wheat kernel have been added. It can be used alone or with all-purpose flour for yeast breads.

RYE FLOUR — This flour is made from rye, a cereal closely allied to wheat, and is light, medium or dark in color. Rye flour produces a stickier, less elastic dough than does wheat flour. It can be used alone or with all-purpose flour for yeast breads.

INSTANT BLENDING ALL-PURPOSE FLOUR — This flour has a coarse, free-flowing texture. It is relatively dust free and mixes more readily with cold liquid than other flours. It may be used for all breads although its chief use is in sauces or gravies.

SELF-RISING FLOUR — 250 mL Canadian self-rising flour is equivalent to 250 mL all-purpose flour plus 7 mL baking powder plus 2 mL salt. More self-rising flour is sold in the eastern part of Canada than in the west. This flour is not recommended for use in yeast breads. For quick breads reduce or omit the baking powder and salt called for in the recipe.

CAKE AND PASTRY FLOUR — Finely milled, usually from soft wheat, cake and pastry flour will produce baked products with a more tender crumb than those made from all-purpose flour. Use 25 mL more of cake and pastry flour for each 250 mL all-purpose flour called for in the recipe. This flour can be used for quick breads, cakes and pastry.

SPECIAL CAKE FLOUR — Milled from soft wheat, the protein content is low and the granulation so uniform and fine that the flour feels soft and satiny. This flour is most often used in cakes but may be used in quick breads. It cannot be used for yeast breads. Use 25 mL more of special cake flour for each 250 mL all-purpose flour called for in the recipe.

SPECIALTY FLOURS — Small amounts of specialty flours—soy, barley and potato—are also sold and may be included in yeast breads for interesting flavor.

MILK

Milk needs to be scalded for use in yeast breads only if it is not pasteurized. However, it does have to be heated to 38°C, as bread dough must be warm to work with.

If you do have to scald the milk, pour it into the top of a double boiler. Set it over boiling water, cover and heat until bubbles form around the edge. Remove from the heat. If a double boiler is not available, use a saucepan set in a larger saucepan partly filled with boiling water.

You can substitute skim milk powder for the milk in the recipes. For each 250 mL milk add 75 mL skim milk powder to the dry ingredients and use 250 mL hot water in place of hot milk.

MAKING YEAST BREAD

Choose the Yeast

Yeast is a tiny living plant that grows very quickly under proper conditions, producing carbon dioxide gas that makes dough rise.

ACTIVE DRY YEAST — This comes as tiny brown pellets and is sold in packages or tins. It gives best results when prepared in sweetened water, *not* milk, and when water temperature is between 40°C and 45°C. Follow package directions. It may be stored at room temperature until the expiry date.

FAST-MIXING YEAST — A specially processed dry yeast, this *may be added directly* to the flour. Follow package directions. Because it dissolves faster and because warmer liquids are added, the dough rises faster. Fast-mixing yeast may also be used in the same way as active dry yeast. It may be stored at room temperature until the expiry date.

COMPRESSED (FRESH) YEAST — To substitute for active dry yeast, use a 25 g yeast cake in place of each package of dry yeast. It may be rehydrated in warm water or milk. Crumble into sweetened liquid, let stand 10 min and stir. It may be stored for 1 month in the refrigerator. It is not advisable to freeze yeast cakes because they dehydrate easily. If frozen, wrap in moisture-proof packaging and thaw in the refrigerator for successful baking results.

How to Knead

This should be done on a smooth board or flat surface (like a counter top, large bread board or table) that has a little flour on it. The kneading technique is a fold-push-turn-action. Rub some flour on your hands.

1. Fold the dough over on itself.
2. Using the heels of your hands, push the folded dough away from you with a rolling motion.
3. Give the dough a one-quarter turn and repeat the "fold and push" operation.
4. Continue until the dough is smooth and elastic (8 to 10 min). Well-kneaded dough looks satiny and has tiny gas bubbles just below the surface.
5. If the dough becomes sticky, sprinkle the board with flour under the dough and rub more flour on your hands.

How to Shape Loaves and Rolls

LOAVES — Divide dough into as many portions as there are to be loaves. Press or roll dough in rectangle of uniform thickness with the short side equal to length of bread pan. Roll up as for jelly roll. Press gently with heel of hand to seal after each roll of dough. Seal final seam. Seal ends of loaf by pressing down with side of hand. Gently fold under sealed ends of loaf.

SOFT (PAN) ROLLS — Cut dough in small uniform pieces. Fold sides under until top is smooth and dough is a 4 cm diameter ball. Place balls of dough close together in greased 2 L baking pan (20 cm square).

CRUSTY ROLLS — Shape as for SOFT ROLLS. Place 2 to 3 cm apart on greased baking sheet; for very crusty rolls place in greased muffin tins.

CLOVERLEAF ROLLS — Use three small uniform pieces of dough for each. Shape each piece as for SOFT ROLLS and place in greased muffin tins.

PARKERHOUSE ROLLS — Roll dough 5 mm thick and cut in rounds with 5 or 6 cm cutter. Crease each round with back of knife just off center. Brush

CHOOSING THE CRUST ON YEAST BREADS

TENDER, SOFT—After baking, brush with fat, cover with towel.

CRISP—After baking, cool uncovered. Do not brush with fat.

HIGHLY-GLAZED—Before baking, brush with mixture of one egg yolk and 25 mL water.

with melted butter. Fold over, the wider half on top, pressing edges together.

HAMBURGER ROLLS — Shape dough with palms of hands into a cylinder shape, about 50 cm long. With greased sharp knife cut roll in 14 equal pieces. Roll pieces into balls under palm of hand, pressing gently. Place rolls 5 cm apart on greased baking sheets, flattening lightly.

CRESCENTS — Roll dough 5 mm thick and, using sharp knife, cut in 8 cm squares. Brush with melted fat. Starting at one corner, roll to opposite corner, pressing points firmly down while rolling. Bring the two ends almost together to form the crescent.

How to Make Dough Rise

Place dough in a bowl in a warm (30°C), draft-free place for best rising. Cover with tea towel. Suggested places for rising are:

1. In an electric oven warmed to 90°C, turned off and allowed to cool 5 min.
2. In a gas oven, where the pilot light will keep the dough warm.
3. On rack, on a bowl filled with hot water.

WHITE BREAD AND ROLLS—CONVENTIONAL METHOD

5 mL sugar	50 mL sugar
125 mL lukewarm water	15 mL salt
1 package active dry yeast	50 mL shortening
250 mL hot milk	1400 to 1500 mL all-purpose flour
125 mL warm water	

Dissolve 5 mL sugar in 125 mL water and sprinkle yeast over top. Let stand 10 min. Combine milk, water, sugar, salt and shortening. Stir until shortening melts and cool to lukewarm. Stir in yeast mixture. Gradually beat in 750 mL flour. Work in enough remaining flour to make soft dough. Turn onto floured board and knead until smooth and elastic (8 to 10 min). Shape in ball and place in greased bowl, turning to grease top. Cover and let rise in warm place (30°C) until double in bulk (about 1½ h). Punch down, divide in half, cover and let rest 10 min. Shape in 2 loaves and place in greased 2 L loaf pans (23 × 13 × 7 cm); or shape in rolls and place in greased baking pans for pan rolls; or greased large muffin tins for individual rolls. Brush with melted fat. Cover and let stand in warm place until double in bulk (about 1½ h). Bake loaves 30 to 35 min, pan rolls 20 to 25 min and individual rolls 15 to 20 min at 190°C. Makes 2 loaves or 24 rolls.

CHEESE BREAD — Make as WHITE BREAD but reduce salt to 7 mL and mix 375 mL (150 g) grated Canadian medium or old cheddar cheese into 250 mL flour. Add to dough after adding the first 750 mL flour.

WHOLE WHEAT BREAD AND ROLLS

5 mL sugar	15 mL salt
125 mL lukewarm water	50 mL shortening
1 package active dry yeast	1250 to 1400 mL whole wheat
400 mL hot milk	flour
50 mL molasses	

Dissolve sugar in water and sprinkle yeast over top. Let stand 10 min. Combine next 4 ingredients and stir until shortening melts. Cool to lukewarm and stir in yeast mixture. Gradually beat in 750 mL flour. Work in enough remaining flour to make soft dough. Turn onto floured board and knead until smooth and elastic (8 to 10 min). Shape in ball and place in greased bowl, turning to grease top. Cover and let rise in warm place (30°C) until double in bulk (about 1½ h). Punch down, divide in half, cover and let rest 10 min. Shape in 2 loaves and place in greased 2 L loaf pans (23 × 13 × 7 cm); or shape in rolls and place in greased baking pans for pan rolls or in greased large muffin tins for individual rolls. Brush with melted fat. Cover and let rise in warm place until double in bulk (about 2 h). Bake loaves 25 to 35 min, pan rolls 20 to 25 min and individual rolls 15 to 20 min at 190°C. Makes 2 loaves or 24 rolls.

GRAHAM BREAD — Make as WHOLE WHEAT BREAD but use graham flour in place of whole wheat flour.

WHOLE WHEAT BREAD WITH WHEAT GERM—Make as WHOLE WHEAT BREAD but reduce whole wheat flour to 750 mL. Add and beat in 400 mL all-purpose flour and work 250 mL unsweetened wheat germ into dough after adding first 750 mL flour. Continue as for WHOLE WHEAT BREAD.

FRENCH-TYPE CRUSTY BREAD

15 mL sugar	375 mL lukewarm water
125 mL lukewarm water	1400 to 1500 mL all-purpose
1 package active dry yeast	flour
10 mL salt	
50 mL melted shortening	1 slightly beaten egg white

Dissolve sugar in 125 mL water and sprinkle yeast over top. Let stand 10 min. Combine next 3 ingredients. Stir in yeast mixture. Gradually beat in 750 mL flour. Work in enough remaining flour to make soft dough. Turn

onto floured board and knead until smooth and elastic (8 to 10 min). Shape in ball and place in greased bowl, turning to grease top. Cover and let rise in warm place (30°C) until double in bulk (about 1½ h). Punch down, divide in half, cover and let rest 10 min. Shape in 2 loaves, 30 × 6 cm, and place on greased baking sheets. Slash top of loaves at 5 cm intervals. Cover and let rise in warm place until double in bulk (about 1 h). Bake 45 min at 160°C. Remove from oven and brush with egg white. Bake 2 min more. Makes 2 loaves.

RYE BREAD

5 mL sugar	15 mL salt
125 mL lukewarm water	50 mL shortening
1 package active dry yeast	15 mL caraway seeds
250 mL hot milk	625 mL dark, medium or light rye flour
125 mL lukewarm water	650 to 750 mL all-purpose flour
25 mL molasses	

Dissolve sugar in first 125 mL water and sprinkle yeast over top. Let stand 10 min. Combine milk, remaining water, molasses, salt, and shortening. Stir until shortening melts. Cool to lukewarm and stir in yeast mixture and caraway seeds. Gradually beat in rye flour. Work in enough all-purpose flour to make soft dough. Turn onto floured board and knead until smooth and elastic (8 to 10 min). Shape in ball and place in greased bowl, turning to grease top. Cover and let rise in warm place (30°C) until double in bulk (about 1 h). Punch down, divide in half, cover and let rest 10 min. Shape in 2 long or round loaves and place on greased baking sheets. Brush with melted fat. Cover and let rise in warm place until double in bulk (about 1 h). Bake 20 to 25 min at 180°C. Makes 2 loaves.

OAT BREAD

5 mL sugar	15 mL salt
125 mL lukewarm water	25 mL fat
1 package active dry yeast	500 mL rolled oats
500 mL hot milk	1200 to 1400 mL all-purpose flour
125 mL molasses	

Dissolve sugar in water and sprinkle yeast over top. Let stand 10 min. Combine next 4 ingredients, stir until shortening melts and cool to lukewarm. Stir in yeast mixture and oats. Gradually beat in 750 mL flour. Work in enough remaining flour to make soft dough. Turn onto floured board and knead until smooth and elastic (8 to 10 min). Shape in ball and place in greased bowl, turning to grease top. Cover and let rise in warm place (30°C) until double in bulk (about 1½ h). Punch down, divide in half,

cover and let rest 10 min. Shape in 2 loaves and place in greased 2 L loaf pans ($23 \times 13 \times 7$ cm). Brush with melted fat. Cover and let rise in warm place until double in bulk (about 2 h). Bake 35 to 40 min at 190°C . Makes 2 loaves.

CROISSANTS (CRESCENTS)

5 mL sugar	10 mL sugar
125 mL lukewarm water	125 mL milk
1 package active dry yeast	625 mL all-purpose flour
5 mL salt	175 mL butter, softened

Dissolve 5 mL sugar in water and sprinkle yeast over top. Let stand 10 min. Combine next 3 ingredients. Stir in yeast mixture. Beat in 250 mL flour. Gradually work in remaining flour to make soft dough. Turn onto floured board and knead until smooth and elastic (8 to 10 min). Shape in ball, place in greased bowl and brush lightly with melted butter. Cover and let rise in warm place (30°C) until double in bulk (about 1 h). Punch down, cover and chill 1 h in refrigerator. Cream butter, divide in 3 portions and chill. Roll dough in rectangle 5 mm thick. Dot upper two-thirds of dough surface with 1 portion of butter. Fold plain portion of dough to center of buttered portion, then fold remaining buttered portion over to make 3 layers. Seal edges with rolling pin. Give dough a quarter turn. Roll out and repeat procedure with remaining portions of butter. Roll out again, fold over, seal edges and chill several hours or overnight. Divide dough in half. Seal cut edges with rolling pin. Roll in 2 rounds, 35 cm across. Cut each in 10 wedges. Beginning at outer edge, roll each wedge loosely, moisten tip and seal. Place on greased baking sheet and bring the two ends almost together in crescent shape. Cover and let rise in warm place until double in bulk (about 1 h). Brush with a mixture of beaten egg and milk. Bake 5 min at 200°C , reduce heat to 180°C and continue baking until golden brown (12 to 18 min more). Makes 20 crescents.

SWEET DOUGH BUNS

5 mL sugar	75 mL sugar
50 mL lukewarm water	7 mL salt
1 package active dry yeast	2 beaten eggs
250 mL hot water	1100 to 1200 mL all-purpose flour
50 mL shortening	

Dissolve 5 mL sugar in 50 mL water and sprinkle yeast over top. Let stand 10 min. Combine next 4 ingredients, stir until shortening melts and cool to lukewarm. Add eggs. Stir in yeast mixture. Gradually beat in 750 mL flour. Work in enough remaining flour to make soft dough. Turn onto floured board and knead until smooth and elastic (8 to 10 min). Shape in ball and

place in greased bowl, turning to grease top. Cover and let rise in warm place (30°C) until double in bulk (about 1½ h). Punch down, shape in rolls and place on greased baking sheets. Brush with melted fat. Cover and let rise in warm place until double in bulk (about 1 h). Bake pan buns 25 to 30 min and individual buns 15 to 20 min at 180°C. Makes 18 medium or 24 small buns.

RAISIN BREAD — Make as SWEET DOUGH BUNS but work 250 mL raisins into dough after adding first 750 mL flour. Follow SWEET DOUGH recipe to end of first rising. Shape dough in 2 loaves and place in greased 2 L loaf pans (23 × 13 × 7 cm). Brush with melted fat. For second rising cover and let stand in warm place until double in bulk (about 1 h). Bake 25 to 30 min at 190°C. Makes 2 loaves.

HOT CROSS BUNS — Make as SWEET DOUGH BUNS but add 10 mL cinnamon and 1 mL ground cloves to first 750 mL flour. Add 125 mL currants and 50 mL chopped mixed candied peel to dough before working in remaining flour. Makes 18 buns. If desired, mark crosses on top of buns after second rising before baking. Glaze with mixture of 25 mL sifted icing sugar combined with 7 mL water.

CINNAMON BUNS — Make as SWEET DOUGH BUNS but work 250 mL raisins into dough after adding first 750 mL flour. Follow SWEET DOUGH recipe to end of first rising. Punch down and divide dough in half. Roll each half in a 30 cm square. Spread with 50 mL softened butter. Combine 175 mL brown sugar and 7 mL cinnamon; sprinkle half of mixture over each square. Roll up as for jelly rolls. Seal edges. Using a sharp knife or strong thread, cut each roll in 12 slices. Place close together in greased 2 L baking pans (20 cm square) or 1.5 L layer cake pans (23 × 9 cm), 12 buns to a pan. Continue as for SWEET DOUGH BUNS. Makes 24 buns.

MAPLE SYRUP BUNS — Make as SWEET DOUGH BUNS to end of first rising. Punch dough down and divide in half. Roll each half in a 30 cm square. Spread each square with 50 mL softened butter. Combine 125 mL brown sugar and 175 mL raisins; sprinkle half of mixture over each square. Drizzle about 15 mL maple syrup over each square and roll up as for jelly rolls. Seal edges. Pour 150 mL syrup into 2 greased 2.5 L baking pans (23 cm square) and sprinkle with 125 mL nuts. Cut dough in 3 cm slices and arrange in syrup. Cover and let rise in warm place until double in bulk (about 1 h). Bake 30 min at 180°C. Makes 24 buns.

FAST METHOD FOR BREAD — Make as WHITE BREAD AND ROLLS (page 9) but use 10 mL sugar in the water and use 2 packages active dry yeast. For first rising allow 1 h. For second rising allow 45 min.

REFRIGERATOR ROLLS

10 mL sugar	10 mL salt
125 mL lukewarm water	75 mL shortening
2 packages active dry yeast	2 beaten eggs
250 mL hot milk	1400 to 1500 mL all-purpose flour
125 mL sugar	

Dissolve 10 mL sugar in water and sprinkle yeast over top. Let stand 10 min. Combine next 4 ingredients, stir until shortening melts and cool to lukewarm. Stir in yeast mixture. Blend in eggs. Gradually beat in 750 mL flour. Work in enough remaining flour to make soft dough. Turn onto floured board and knead until smooth and elastic (8 to 10 min). Shape in ball and place in greased bowl, turning to grease top. Cover dough with moistureproof, vaporproof wrap and refrigerate. Dough may be stored 4 days in refrigerator at 4°C. When ready to use, remove amount desired, cover and allow dough to warm to room temperature (about 2 h). Cover remaining dough and refrigerate. Shape rolls and place in greased baking pans. Cover and let rise in warm place until double in bulk (about 1½ h). Bake pan rolls 20 to 25 min, and individual rolls 10 to 15 min at 190°C. Makes 36 rolls.

TO USE NOW — Cover and let rise in warm place (30°C) until double in bulk (about 1½ h). Punch down, cover and let rest 10 min. Shape in rolls and place on greased baking sheets. Brush with melted fat. Cover and let rise in warm place until double in bulk (about 1½ h). Bake as above.

MAKING QUICK BREADS

MUFFINS

500 mL all-purpose flour	1 beaten egg
15 mL baking powder	250 mL milk
2 mL salt	5 mL lemon juice
50 mL sugar	50 mL melted butter or
2 mL finely grated lemon rind	margarine

Sift together dry ingredients. Add rind. Combine remaining ingredients and add to flour mixture, stirring only enough to moisten. Fill greased muffin tins two-thirds full. Bake 20 min at 200°C. Makes 12 medium muffins.

BLUEBERRY MUFFINS — Makes as MUFFINS but sprinkle the lemon juice over 175 mL fresh or thawed frozen blueberries and add to sifted dry ingredients before adding liquid ingredients.

WHEAT GERM MUFFINS — Make as MUFFINS but reduce flour to 325 mL and stir 175 mL wheat germ into dry ingredients before adding liquid ingredients.

CORNMEAL MUFFINS

500 mL all-purpose flour	250 mL cornmeal
20 mL baking powder	2 beaten eggs
2 mL salt	350 mL milk
175 mL brown sugar	50 mL melted butter or margarine

Sift together first 3 ingredients. Add sugar and cornmeal. Combine remaining ingredients and add to dry ingredients, stirring only enough to moisten. Fill greased muffin tins two-thirds full. Bake at 190°C. Makes 18 muffins.

WHOLE WHEAT MUFFINS

250 mL all-purpose flour	1 beaten egg
15 mL baking powder	250 mL milk
2 mL salt	50 mL melted butter or
50 mL brown sugar	margarine
250 mL whole wheat flour	

Sift together first 4 ingredients. Stir in whole wheat flour. Combine remaining ingredients and add to dry ingredients, stirring only enough to moisten. Fill greased muffin tins two-thirds full. Bake at 190°C until browned (about 20 min). Makes 12 medium muffins.

GRAHAM MUFFINS — Make as WHOLE WHEAT MUFFINS but use graham flour in place of whole wheat flour.

WHOLE WHEAT MUFFINS WITH WHEAT GERM

250 mL all-purpose flour	125 mL wheat germ
25 mL baking powder	1 beaten egg
2 mL salt	300 mL milk
125 mL brown sugar	50 mL melted butter or
250 mL whole wheat flour	margarine

Sift together first 4 ingredients. Stir in whole wheat flour and wheat germ. Combine remaining ingredients and add to dry ingredients, stirring only enough to moisten. Fill greased muffin tins two-thirds full. Bake at 190°C until browned (20 to 25 min). Makes 12 medium muffins.

BRAN MUFFINS

300 mL all-purpose flour	1 beaten egg
15 mL baking powder	300 mL milk
2 mL salt	75 mL melted butter or
50 mL brown sugar	margarine
200 mL cooking bran	125 mL raisins

Sift together first 3 ingredients. Combine remaining ingredients except raisins and add to dry ingredients, stirring only enough to moisten. Fold in raisins. Fill greased muffin tins two-thirds full. Bake at 200°C until lightly browned (25 to 30 min). Makes 10 muffins.

DATE AND NUT BREAD

250 mL boiling water	125 mL brown sugar
500 mL chopped dates	2 beaten eggs
375 mL all-purpose flour	50 mL melted butter or
7 mL baking soda	margarine
5 mL baking powder	5 mL vanilla
2 mL salt	125 mL chopped walnuts

Pour boiling water over dates and let stand until cool (about 20 min). Sift together dry ingredients. Combine dates with egg, butter or margarine and vanilla. Add to dry ingredients, stirring only enough to moisten. Add walnuts. Turn into greased 2 L loaf pan (23 x 13 x 7 cm). Bake 50 to 55 min at 180°C. Makes 1 loaf.

WHOLE WHEAT NUT BREAD

375 mL all-purpose flour	175 mL brown sugar
15 mL baking powder	125 mL whole wheat flour
2 mL salt	1 beaten egg
2 mL cinnamon	250 mL milk
175 mL chopped walnuts	50 mL melted butter or
5 mL finely grated orange rind	margarine

Sift together first 4 ingredients. Add walnuts. Stir in rind, sugar and whole wheat flour. Combine remaining ingredients and add to flour mixture, stirring only enough to moisten. Turn into greased 2 L loaf pan (23 x 13 x 7 cm). Bake 40 to 50 min at 180°C. Store one day before slicing. Makes 1 loaf.

CRANBERRY BREAD

500 mL all-purpose flour	50 mL milk
15 mL baking powder	125 mL orange juice
5 mL salt	50 mL melted butter or margarine
250 mL sugar	250 mL chopped or halved cran- berries
10 mL finely grated orange rind	
50 mL chopped walnuts	
1 beaten egg	

Sift together first 4 ingredients. Add rind and walnuts. Combine remaining ingredients except cranberries. Add to flour mixture, stirring only enough to moisten. Fold in cranberries. Turn into greased 2 L loaf pan (23 x 13 x 7 cm). Bake 1 h at 180°C. Allow to cool before slicing. Makes 1 loaf.

STORING BREAD

Store yeast bread and rolls at room temperature in a covered container. Crisp-crusted breads and rolls should be stored in a relatively dry place and soft-crusted breads in plastic bags. As refrigerator temperature hastens staling of bread, this method of storage is recommended only during hot humid weather when mold growth might be a problem. If yeast bread cannot be used within 4 to 5 days, store it in the freezer. Package the bread in moistureproof, vaporproof wrapping. It will keep 2 months at – 18°C. Thaw loaves about 2 h and rolls 1 h at room temperature. Frozen unsliced bread does not have to be thawed before slicing.

Store quick breads at room temperature wrapped in foil or in plastic bags. To make cutting easier store one day before slicing. Quick breads may be stored 1 month in the freezer at – 18°C, in freezer bags or wrapping. Thaw about 1½ h at room temperature, then heat 20 to 30 min at 180°C.

Freezing Bread Dough

Yeast doughs for freezing are mixed using double the yeast and sugar that is combined with the first amount of water, kneaded, allowed to rest 20 min, shaped, packaged and then frozen. Since they do not rise first they are small and compact so they do not take much space in a freezer. All may be stored 1 month in the freezer at – 18°C.

FREEZING WHITE BREAD AND ROLLS — Prepare dough as for WHITE BREAD AND ROLLS (page 9) but use 2 packages active dry yeast and 10 mL sugar with 125 mL lukewarm water. Complete method to end of kneading. Cover dough and let rest 20 min. Shape in individual rolls or 2 “French” loaves. (These thaw and rise more successfully than do “loaf pan” loaves and “pan” rolls). Place in greased baking pans or sheets and

brush with melted fat. Cover and freeze until firm (about 1 h). Transfer to freezer bags and close tightly. Return to freezer. To bake, remove from freezer, grease tops and place in greased baking pans. Cover and allow to thaw and rise in warm place (30°C) until double in bulk (2 to 3 h). Bake rolls 10 to 15 min and bread 30 to 35 min at 190°C.

FREEZING WHOLE WHEAT BREAD AND ROLLS — Prepare as for Freezing White Bread and Rolls using recipe for WHOLE WHEAT BREAD AND ROLLS (page 10). Bake loaves 20 to 25 min and rolls 18 to 20 min at 180°C.

FREEZING RYE BREAD — Prepare as for Freezing White Bread and Rolls using recipe for RYE BREAD (page 11). Bake loaves 40 to 45 min at 180°C.

FREEZING SWEET DOUGH BUNS AND LOAVES — Prepare as for Freezing White Bread and Rolls using recipe for SWEET DOUGH BUNS and variations (page 12). Bake buns 20 to 25 min and loaves 30 to 35 min at 180°C.

FREEZING BROWN'N SERVE ROLLS — Prepare dough for WHITE BREAD AND ROLLS (page 9). Shape in 18 individual rolls. Bake 30 min at 140°C. Let cool and wrap in freezer wrap. Freeze. To serve, allow to thaw in wrapper at room temperature then unwrap and place on baking sheet. Bake 8 to 10 min at 200°C.

TIPS ON FREEZING BREAD DOUGHS

Allow one package yeast for each 625 to 750 mL flour.

Allow the dough to rest *no longer than 20 min* before it is frozen.

Allow sufficient time (2 to 3 h) for dough to thaw and rise before baking.

Store doughs up to 1 month only in freezer at – 18°C. After this time they may not produce an acceptable product.



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KITCHEN METRICS

VOLUME

Use metric measures for metric recipes. Measures are marked in millilitres (mL) and are available in the following sizes:

1000 mL = 1 L

500 mL

250 mL



250 mL

125 mL

50 mL



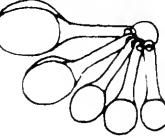
25 mL

15 mL

5 mL

2 mL

1 mL



TEMPERATURE

Most commonly used oven temperatures

°C replaces °F

100 200

150 300

160 325

180 350

°C replaces °F

190 375

200 400

220 425

230 450

Refrigerator temperature: 4°C replaces 40°F

Freezer temperature: -18°C replaces 0°F

MASS

1 kg (1000 g) is slightly more than 2 pounds

30 g is about 1 ounce

LENGTH

1 cm (10 mm) is slightly less than 1 $\frac{1}{2}$ inch

5 cm is about 2 inches

